***Youth and Young Adult Ministries – Resources***

*Compiled by Sarah Jarzembowski, consultant for ministries with young adults.*

**USCCB Documents on Young People**

* Website for Youth and Young Adult Ministries
  + <https://www.usccb.org/topics/youth-and-young-adult-ministries>
* Sons and Daughters of the Light
  + <https://www.usccb.org/beliefs-and-teachings/who-we-teach/young-adults/sons-and-daughters-of-light>
* Empowered by the Spirit
  + <https://www.usccb.org/committees/catholic-education/empowered-spirit-introduction>
* Renewing the Vision of Youth Ministry
  + <https://www.usccb.org/topics/youth-and-young-adult-ministries/renewing-vision>
* Directory for Catechesis
  + <https://store.usccb.org/products/directory-for-catechesis-new-edition>
* Christ the King, a Global Celebration of Young People (coming soon)

**Organizations**

* National Federation for Catholic Youth Ministry (NFCYM)
  + <https://nfcym.org/resources/>
* National Advisory Team on Young Adult Ministry (NATYAM)
  + <https://www.usccb.org/topics/youth-and-young-adult-ministries/national-advisory-team-young-adult-ministry>
* Catholic Campus Ministry Association (CCMA)
  + <https://www.ccmanetwork.org/>

**Papal Document on Young People**

* Christus Vivit

<https://www.vatican.va/content/francesco/en/apost_exhortations/documents/papa-francesco_esortazione-ap_20190325_christus-vivit.html>

**Research Information**

* Springtide Research Institute
  + *The New Normal, 8 Ways to Care for Gen Z in a Post-Pandemic World:* <https://www.springtideresearch.org/wp-content/uploads/2021/05/springtide-the-new-normal.pdf>
    - Important to note:
      * Going “back to normal” negates their experience and is a failure of learning from the impact. Do not go “back to normal.”
      * Exercise empathy.
  + *Combat Loneliness. Cultivate Belonging:* <https://www.springtideresearch.org/wp-content/uploads/2020/11/belonging-guide-for-serving-young-people.pdf?utm_source=SM&utm_medium=email&utm_campaign=SRI_BELONGINGNESS_0721_E1>
    - Important to note:
      * Young people NEED trusted adults in their lives.
      * Reach into their cloud of loneliness and talk to them individually.
* Barna Group:
  + *When Millennials go to Work:* <https://www.barna.com/research/when-millennials-go-to-work/>
    - Important to note:
      * Young people have a desire to make an impact on the world.
      * Having options for personal life, income, and learning are important.
* The Case Foundation:
  + *Key Takeaway’s from a Decade of Millennial Research:* <https://casefoundation.org/blog/key-takeaways-from-a-decade-of-millennial-research/?gclid=CjwKCAjwo4mIBhBsEiwAKgzXOOHQE3oiGTS1iwt8YSJ7SfEPmDRWjLvhu0EyiKJGlqtrQlv5pnuxRhoCQmQQAvD_BwE>
    - Important to note:
      * A holistic approach to use of time and resources to make effect change in the world.
      * They are in the “business of doing good.”
* Pricewaterhouse Coopers:
  + *Millennials at Work, Reshaping the Workplace:* <https://www.shrm.org/hr-today/news/hr-magazine/documents/millennials-at-work.pdf>
    - Important to note:
      * “Development and work/life balance are more important than financial reward.”
      * Young adults want to feel valued, accompanied, and stretched.

**News Articles**

* Society for Human Resource Management (SHRM):
  + *Generation Z Seeks Guidance in the Workplace:* <https://www.shrm.org/resourcesandtools/hr-topics/organizational-and-employee-development/pages/generation-z-seeks-guidance-in-the-workplace.aspx?utm_source=SM&utm_medium=email&utm_campaign=SRI-Tide_0721_e1>
    - Important note:
      * Young adults are looking for mentors. Be their mentor at work and help them connect faith and justice to their work.
      * Having a trusted coworker to talk to helps alleviate workplace stress.
* Barna Group:
  + *Millennials bring Ambition and Optimism to their work:* <https://www.barna.com/research/millennials-ambition-optimism-work/>
    - Important to note:
      * Connecting faith, justice, and values to workplace activities are important to millennials.